

# Personal Development

Personal Development Themes					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> <li>- Spiritual, moral, social and cultural development</li> </ul> <p><b>(Think Positive)</b> Cultures. Arts. The outdoors.</p>	<ul style="list-style-type: none"> <li>- Healthy living</li> <li>- British Values</li> </ul> <p><b>(It's my body – Healthy eating)</b> First aid.</p>	<ul style="list-style-type: none"> <li>- Equality and diversity</li> </ul> <p><b>(British Values)</b> Cultures</p>	<ul style="list-style-type: none"> <li>- Careers guidance.</li> </ul> <p><b>(British Values)</b> Financial guidance. Wider life skills. Aspirations.</p>	<ul style="list-style-type: none"> <li>- Citizenship</li> </ul> <p><b>(One World – Citizenship)</b> Cultures. The outdoors. Citizenship. conflict resolution</p>	<ul style="list-style-type: none"> <li>- Preparation for next stage</li> </ul> <p><b>(Growing up)</b> Financial guidance.</p>

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>AP Primary.</b>	Children will be supported to recognise, accept and talk about different feelings, both positive and negative as well as manage certain emotions. The activities support develop a positive attitude, think calmly, make positive decisions and develop resilience.	Children will be taught about the importance of nutrition and a balanced diet. Including activities on fruit and vegetables, drinking water, 5 a day and different nutrients. Children will have access to a range of learning experiences to have greater respect for their bodies, have the knowledge and confidence to make sustainable healthy choices, and have a greater understanding of why it is important to be healthy.	Children will learn to respect and help promote the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs. Children will recognise how as individuals we can benefit from a rich cultural community.	Children learn about themselves as developing individuals and as members of their communities, building on their own experiences and on the early learning goals for personal, social and emotional development.	Children learn why it is important and the skills for keeping themselves healthy and safe and for behaving well. They will have opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and become aware of the views, needs and rights of other children and older people. As members of a class	Children will learn about their own and others' bodies, looking at similarities and differences in people and learning about gender stereotypes. They will also learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences.

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					and school community, they learn social skills such as how to share, take turns, play, help others, resolve simple arguments and resist bullying. They begin to take an active part in the life of their school and its neighbourhood.	
<b>Links to the Vocational curriculum.</b>	Belchamps Environmental walks. Visiting artists. Art topic. Gardening project.  <i>Make leaf rubbings.</i>	Waitrose. Cookery lessons. PE lessons. Gardening project.  <i>Make a sandwich. Eat something you have grown</i>	Belchamps Library visits. Environmental walks. Visit a local church.  <i>Learn about a new religion and visit a new place of worship</i>	Belchamps Library visits. Environmental walks. Planning and putting on an afternoon tea.  <i>Buy something and check your change</i>	Belchamps Library visits. Environmental walks. Themed days.  <i>Make and taste chapattis</i>	Belchamps. Library visits. RLNI visit
<b>Nurture.</b>	Ourselves/ All About Me. Encourages children to introduce themselves and learn about different emotions recognise and manage transitions safely and support students express	All about me: Ongoing topic. As above.	As above.	As above.	As above.	As above.

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	themselves freely in a number of different ways. As above.					
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